

## Injection Site Reactions

Injection site reactions are a common side effect. Itching, minor swelling, or rash that does not clear up after a few days should be reported to your health care provider. Meanwhile, follow these tips for a safe and successful injection.

With a little time and patience, you can become very accomplished at self-injection.

### Safety First

- > Use a new needle for each injection.
- > If you touch the needle on anything other than your skin, use another new needle.
- > Never try to “lubricate” the needle—it won’t go in any easier and will lose its sterility.
- > Don’t give an injection through clothing.
- > Never reuse needles and don’t allow anyone else to use one that you have used.

### Some Tips to Avoid Problems

- > Use ice to numb the injection site before injecting the medicine.
- > The abdomen, thigh, and upper arm are usually the best sites for injection.
- > Do not inject yourself in the area near your navel or waistline.
- > You should use a different site each time you inject to avoid soreness at any one site.
- > Do not inject into an area where the skin is irritated, red, bruised, or infected, or has scars, stretch marks, or lumps.
- > After wiping your skin with the alcohol swab, let it dry.
- > Do not rub the injection site.

### Try These Techniques

- > Inject at a 90-degree angle (ie, “straight” in).
- > Be sure the drug is at room temperature before injecting.
- > Hold for a count of 3 after injecting.

With a little time and patience, you can become very accomplished at self-injection. Give yourself time and patience to learn the techniques, sites, and tips that work for you.

This information is not intended as a substitute for professional medical advice. Consult your health care provider for individualized information about your therapy. Your health care provider should be your primary source of information about your medical condition and treatment.

